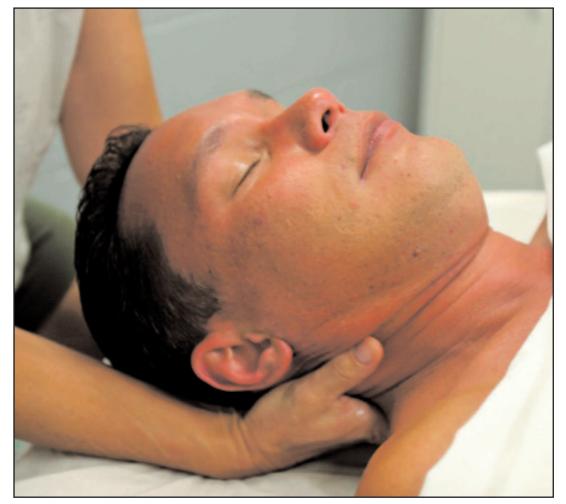
June 9, 2006 **HAWAII MARINE B SECTION**



Michelle Narhi, massage therapist for the Semper Fit Center, here, gives Dwight Esias, computer tech-

Cpl. Michelle M. Dickson

Cpl. Michelle M. Dickson Michelle Narhi, massage therapist, Semper Fit Center, here, massages Dwight Esias' feet. Narhi said the key to a good massage is communicating with the client.

Massages offered at Semper Fit Center

Story and Photos by Cpl. Michelle M. Dickson

Combat Correspondent

nician, Marine Corps Community Services, a massage.

"Massage therapy is appropriate for people of every age, from infants to elders," said Michelle Narhi, massage therapist, Semper Fit Center, here. "A massage can make you very aware of your body and what goes on inside of it. It helps you to stay healthy."

Massage therapy can be considered as the oldest and simplest form of medical care and dates back to nearly 3,000 B.C. Egyptian tomb paintings show people being massaged, and in Eastern cultures, massage has been practiced

continuously since ancient times. Today, message therapy is as popular as ever, with the practice being used in intensive care units; on children; babies in incubators; elderly people and patients suffering from strokes, heart attacks, cancer and other ail-

At the Semper Fit Center, massage therapy is offered six days a week, by four different, professional massage therapists.

"People receive massage therapy for a variety of reasons," said Narhi, a Kailua, Hawaii native, who has been practicing massage therapy for 21 years. "Whether you are aching from stress, injury, a hard workout or pregnancy, massage can help. Massage helps you to relax through the release of endorphins and increased circula-

"I facilitate relaxation in my clients by encouraging proper breathing patterns and the releasing of muscular holding patterns. With the proper techniques, massage can help prevent injury or help the injured tissue heal."

The process of giving a massage can be different for each client from each therapist, depending on the specific medical ailments the client may or may not have.

SUNDAY

"The process includes the client coming in and filling out a brief client intake form regarding their health status," said Suzanne Shedoetltsky, massage therapist, Semper Fit Center. "This is for me to be aware of any health problems and what areas of the body the client needs work on."

According to Narhi, communication between the client and therapist is key to a good massage session.

"When giving a massage, I want to give a pressure that fits the client's tolerance," said Narhi. "People must communicate to the therapists so they can feel comfortable. Don't wait until you are in dire pain, either, before coming for a massage. Come when you feel good so you know what to expect and what you will experience. If you and the massage therapist know your body ahead of time, it will be much easier to remedy any problems."

There are at least eight different types of massages offered at the Semper Fit Center, and just by speaking with the massage therapist about your needs, a specific massage can be determined for each person.

There are 30-minute sessions for 25 dollars, one-hour sessions for 45 dollars and 1 1/2 hour sessions for 65 dollars. Narhi recommends if never having had a massage before, the initial massage should probably be an hour-long session.

"When first receiving a massage for the very first time, the person is usually tense and isn't sure how it's supposed to feel," she said. "After about the first 25 minutes they tend to relax more and their body responds better."

Whether just relaxing or relieving some aches and pains, the Semper Fit Center offers massage therapy that includes Swedish, Lomi Lomi, Pregnancy, Sports Massage, Hot Rock and many more. For more information, contact the Semper Fit Center at 254-7597.



Cpl. Michelle M. Dickson

Massage Therapists' Schedule:

MONDAY 7 a.m. to 2:45 p.m. – Victoria Stoneisfer 3 p.m. to 10:45 p.m. - Suzanne Shedoetltsky **TUESDAY** 8 a.m. to 2:45 p.m. – Michelle Narhi 3 p.m. to 10:45 p.m. – Suzanne Shedoetltsky 7 a.m. to 2:45 p.m. – Victoria Stoneisfer WEDNESDAY 3 p.m. to 10:45 p.m. - Suzanne Shedoetltsky THURSDAY 8 a.m. to 2:45 p.m. – Debbie Mench 3 p.m. to 10:45 p.m. – Suzanne Shedoetltsky **FRIDAY** 7 a.m. to 2:45 p.m. – Victoria Stoneisfer 3 p.m. to 10:45 p.m. – Suzanne Shedoetltsky

11 a.m. to 6 p.m. – Suzanne Shedoetltsky

Michelle Narhi, massage therapist, Semper Fit Center, here gives a massage to Dwight Esias, computer technician, Marine Corps Community Services. Narhi has been practicing massage therapy for nearly 21 years.

HAWAII MARINE B-2 • June 9, 2006

MCCS Briefs

www.mccshawaii.com

Kahuna's **Sports Bar & Grill** 254-7660/7661

Tonight's live entertainment features alternative rock bands Slug starting at 10 p.m.

Play against other Sports Bars from around the world on Monday, NTN Trivia

Hot Country Wednesday features Charlie Garrett.

Kahuna's Recreation Center and Lava Java is now serving fresh sausage ham and egg bagel sandwiches from 6:30 to 10:30 a.m. daily.

Staff NCO Club

Pub Night at The Pub with No Name from 6 to 9 p.m. tonight and every Friday, Wednesday and Thursday.

Game Night Saturday features Marine Air Group 24 Bingo, 6 p.m.

Pay Day Lunch Buffet is next Friday.

Father's Day Eve Pick Your Own Steak Night is June 17. Dads will be the king of the grill from 5:30 to 11 p.m. Call in advance for reservations.

The Officers' Club 254-7650

Grunge Bar starts tonight at 4:30 p.m.

Mongolian Barbecue is offered Wednesday and Friday at 5:30 p.m. in the Lanai Ballroom. Present your card for member discount. Reservations are recommended.

Splash Tuesday at The O' Club Pool is from 11 a.m. to 5 p.m.

Summer Pool hours are Tuesday through Sunday from 10 a.m. to 5 p.m. The pool is closed on Mondays and federal holidays.

All Hands

BayFest buildup is from now through June 30. Sign up now to volunteer your time at BayFest and receive free event entry, commemorative T-shirts, mugs, caps, meal vouchers and more. For more information call 245-7631 or 257-7790.

Marriage Enrichment Training is a 48-hour session that begins at 5:30 p.m. and runs through Sunday at noon at the Cabanas. Call 257-1919 for information.

and Relationship Prevention Enhancement Program will be held aturday from 9 a.m. to 3 p.m. Call 257-3552, ext. 23, for information.

SAT Exam will be administered Wednesday from 7:30 a.m. to 12 p.m. in Building 220. The testing is open to active duty members only. This is the last testing until October. Call 257-2158 for information.

Alcohol Impact Education Class is for individuals who desire to stop or control their alcohol consumption. The class will be held Wednesday and Thursday from 7:30 a.m. to 1:30 p.m. in Building 279, third floor. A preliminary screening by a counselor at the Substance Abuse Counseling Center is required.

For more information, call 257-8910.

See Ronald McDonald as he kicks off the Summer Reading Program at the Base Library starting at 10 a.m. Thursday. For more information, call 254-7624.

On-base college course registration starts Wednesday and ends July 7.

Registration is for the July 3 to Sept. 12 term. Open to all military service members, family members and civilians. Tuition assistance is available for active duty service members.

For more information call 257-2158.

Parenting Proudly class will be held Tuesday. The class provides information on

how to improve parenting skills and disciplining techniques. Reservations required. For more information call 257-8803.

Kahuna's and the Recreation Center are looking to hire wait staff, recreation attendants and security guards. Call 254-7660/7661 for information.



Visitors join hula halaus, or hula groups, on the beach at Waikiki to take part in "Hula on the Beach. The hula is said to be the language of Hawaii.

Community event:

In celebration of "the legacy of hula," Japan and Hawaii will come together for the 5th Annual Hula Ho'olauna Aloha 2006, July 8 and 9. This weekend celebration will include a dance exhibition by Japanese and local Halau at the Ala Moana Shopping Center, center stage, July 8 from 10 a.m. to 7 p.m. and a dance competition by visiting Japanese halau at The Royal Hawaiian Hotel, Coconut Grove, July 9 from 12 p.m. to 6 p.m.

The dance exhibition at Ala Moana Shopping Center is open to the public and the dance competition at The Royal Hawaiian Hotel is open only to pre-booked groups from Japan and kama'aina with a state ID.

Some of Japan and Hawaii's top hula

troupes will perform at the dance exhibition at Ala Moana Shopping Center, offering fabulous entertainment for mall-goers.

The exhibition will open with a chant by Kumu Kawaikapuokalani Hewett, followed by Kahiko (ancient hula) and Auana (modern hula) performances by 40 group participants from Japan, including solo, group, and child performances as well as five Halau from

Special guests will include musician and songstress Ku'uipo Kumukahi, Na Kama and

The hula competition at The Royal Hawaiian Hotel's Coconut Grove will feature performances by 18 competitors, including seven solo and group (five wahine and six Kupuna) participants.

Hula performances will be judged by well-

known Hawaii Kumu Hula, including Sonny Ching, Kapiolani Hao, Olana Ai, Maelia Loebenstein Carter, Blaine Kamalani Kia and

The winning Halau will dance away with the title, "Hula Ho'olauna Aloha 2006" and will be given the right to defend the title in the 2007 competition.

Additionally, there will be special Kahiko performances by the halau of Kumu Sonny Ching, Kumu Ed Collier, Kumu Kapiolani Hao and Kumu Olana Ai. Kama'aina with a state ID are welcome to attend the dance competition. Only grass seating will be available and no large coolers will be allowed.

Fore more information about the contest, log on to www.hoolauna.com, or call 347-2012 from Mondays through Fridays from 8:30 a.m.

Talking with children about acts of terrorism, acts of war

LIFELines Staff

Children ask a lot of tough questions, but questions about acts of terrorism or war are some of the hardest to answer. Particularly when the news provides immediate and graphic details, parents wonder if they should protect their children from the grim reality, explore the topic, or share their personal beliefs.

Even professionals may wonder how much information to provide or how to help children if they are confused or troubled. And all adults must reconcile the dilemma of advocating nonviolence while explaining terrorism and why nations maintain armies and engage in war.

The following answers some common questions and concerns parents and professionals have about talking to children about terrorism and war.

How do children react to news about war?

Children's age and individual personalities influence their reactions to stories they hear and images they see about violent acts in the media. With respect to age, preschool children may be the most upset by the sights and sounds they see and hear.

with their fantasies and fear of danger. They can be easily overwhelmed. They do not yet have the ability to keep events in perspective and may be unable to block out troubling thoughts. School-age children can certainly understand the difference between fantasy and reality but may have trouble keeping them separate at certain times.

Therefore, they may equate a scene from a scary movie with news footage and thus think that the news events are worse than they really are. They also may not realize the same incident is rebroadcast and may think many more people are involved than is

In addition, the graphic and immediate nature of news make it seem as though the conflict is close to home — perhaps around the corner. Middle school and high school-age children may be interested and intrigued by the politics of a situation and feel a need to take a stand or action. They may show a desire to be involved in political or charitable activities related to the violent acts.

In addition to age and maturity, children's personality style and temperament can influence their response. Some children are naturally more prone to be fearful and

Children this age confuse facts thus news of a dangerous situation may heighten their feelings of anxiety. Some children or teens may be more sensitive to, or knowledgeable about the events. Children who know someone involved may be especially affected.

Children and teens will also personalize the news they hear, relating it to events or issues in their own lives. Young children are usually most concerned about separation from parents, about good and bad, and fears of punishment. They may ask questions about the children they see on the news who are alone or bring up topics related to their own good and bad behav-

Middle school children are in the midst of peer struggles and are developing a mature moral outlook. Concerns about fairness and punishment will be more prevalent among this age group. Teens consider larger issues related to ethics, politics, and even their own involvement in a potential response through the armed services. Teenagers, like adults, may become reflective about life and reexamine their priorities and

At the other extreme, some children become immune to, or ignore, the suffering they see in the news. They can get overloaded and become numb due to the repetitive nature of the reports. Exposure to multiple forms of violence, such as video games, makes it more difficult to believe in, and understand the real human cost of tragedies. Parents and professionals should be on the lookout for children's extreme solutions based on what they have seen in movies. A macho or impulsive response is ill advised and should be put into the context of the real conflict.

How can I tell what a child is thinking or feeling about the terrorist act or war?

It is not always possible to judge if or when children are scared or worried about news they hear. Children may be reluctant to talk about their fears or may not be aware of how they are being affected by the news. Parents can look for clues as to how their child is

reacting. War play is not necessarily an indication of a problem. It is normal for children to play games related to war and this may increase in response to current events as they actively work with the information, imitate, act out, or problem solve different scenarios. Regressive behaviors (when children engage in behaviors

See TALKING, B-3

Movie Time=

Prices: Friday and Saturday 7:15 p.m. shows are \$3 for adults; \$1.50 for children. Sunday matinee (2 p.m.) shows are \$2 for adults, \$1 for children. Evening showings on Sunday and Wednesday at 6:30 p.m. and late shows Friday and Saturday at 9:45 p.m. are \$2 for adults and \$1.50 for children.

For ticket pricing, the Base Theater Box Office defines adults as patrons ages 12 and older, and children as patrons ages 6 to 11. Children ages 5 and younger are free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 years old and younger. Please present your ID card when pur-

Sneak Preview Policy: One hour and 45 minutes prior to the movie, tickets will be issued to first priority

patrons waiting in line, then second and third priority patrons. In an effort to prevent piracy, the following security measures will be enforced on base for sneak preview screen-

show. For recorded information, call the Base Theater at 254-7642.

ings: bag checks, confiscation of cameras or cell phones with picture taking capability (items will be returned after screening), magnetometer wanding, audience scanning with night vision goggles during screening. The Base Theater and film companies thank you in advance for your cooperation and hope you will enjoy the The Wild (PG) Larry the Cable Guy (PG-13) The Benchwamers (PG-13) Scary Movie 4 (PG-13) The Wild (PG) Scary Movie 4 (PG-13) The Benchwamers (PG-13) Scary Movie 4 (PG-13)) American Dreams (PG-13)

Today at 7:15 p.m. Today at 9:45 p.m. Saturday at 7:15 p.m. Saturday at 9:45 p.m. Sunday at 2:00 p.m. Sunday at 6:30 p.m. Wednesday at 6:30 p.m. Friday at 7:15 p.m. Friday at 9:45 p.m.

Dog-handler, K-9 take a bite out of crime

Lance Cpl. Ryan Trevino

Combat Correspondent

Since 2000, one question has been on the mind of millions of Americans. Many have searched for the answer, but to no avail. Finally, some new light has been shed on this pop-culture riddle that has plagued the minds of all those people. We finally know "Who let the dogs out."

The culprits, at least at K-Bay, are the 17 Marines who work in the K-9 section of the Provost Marshal's Office,

Corporal Kenneth A. Fischer, military working dog handler, K-9 section, PMO, Military Police Company, Headquarters Battalion, is one of those Marines. He has been working side-by-side for the last year with his partner Cindy, a 5-year-old Belgian Malnois who is especially trained to sniff out explo-

The 21-year-old said he has always had a love for dogs. While attending his Military Occupational School, he put



Corporal Kenneth A. Fischer, k-9 section, MP Company, PMO, HQBN plays around with his partner Cindy, a 5-year-old military working dog specially trained to sniff out explosives. The team of two just returned from a six-month deployment to Iraq together, where they swept for weapons caches and IED's.

returned last March from a

six-month deployment to

in a special request to his platoon sergeant asking if he could work with military dogs on a daily basis.

Fischer

Iraq. This was Fischer's first

deployment and Cindy's second in support of Operation Iraqi Freedom. deployed, the duo worked together, sweeping weapons caches, walking on patrols and searching for

According to Fischer, Cindy is one of two kinds of military working assigned to PMO. There are K-9s trained to detect narcotics and narcotic residues and others, like Cindy, who can sniff out explosive devices and the materials that make them.

"You don't want to train one dog to do both," Fischer said. "It would get confusing for the handler to figure out what the dog has detected, since the dogs are trained to sit if their nose sniffs out something."

All military working dogs also double as attack dogs, if given the command. Cindy, however, is known by her handler to not be as aggressive as the other military dogs.

Cindy and Fischer have developed a strong bond working together over the past year. He even comes to the kennel to play with her on his time off.

Fischer and his canine companion don't just work

roadside explosives, Fischer hard together on deployments, they also stay pretty busy back at K-Bay. They are required to do explosive sweeps of buildings before VIPs come to visit. The team also conducts beach searches and building security checks on a daily basis.

"We patrol every day, looking for people doing stuff they are not supposed to be doing," added Fischer.

Military working dogs, Fischer said, are very important to keeping the base safe from crime. They serve as visual deterrents for anyone thinking about breaking the

Fischer was recently voted "Gung-ho" Marine by his peers, while attending Corporal's Course, here. He received the award for being the most motivating Marine and the most helpful to his fellow Marines.

With plans to get married this month, Fischer said he would not forget about his friend Cindy when he starts his new life with his wife. Fischer said Cindy has been like a daughter to him.

Making dreams come true Following father's footsteps

Lance Cpl. Roger L. Nelson

Combat Correspondent

A lot of times people join the military because they want to follow in the footsteps of his or her mother or father or to make his or her parents proud. Others join to fulfill a dream they've had since they were children, but some do it for both reasons.

Petty Officer 2nd Class Dylan P. Wentworth, aviation electrician, Marine Air Logistics Squadron 24, here, decided at an early age that he wanted to be a military pilot and is taking the proper steps to make that dream come true.

"Since I was 7 years old, all I've wanted to do is be a pilot in the military," said Wentworth, a Nashville, Tenn. native. "So now I joined the Navy in my senior year of high school and am taking the steps to become a pilot."

Wentworth said his decision to join the Navy was highly influenced by his father and mother being in the Navy.

"They had a lot to do with it," said Wentworth, an Antioch High School graduate. "But also it just made more since to join the Navy because they have most of the jobs you can find in the civilian world."

Wentworth joined the Navy March 12, 2001, and is currently on his second enlistment.

"I was stationed at Jacksonville, Florida, before Hawaii, and I have to admit that I had a great time there," said 23-year-old Wentworth. "If my plans for the future don't work out, then

I definitely want to be stationed there again." Wentworth is currently an assistant supervisor with MALS-24 and is described by his coworkers as an excellent worker.

Wentworth said that being in a leadership billet helped him to see the big picture and it is definitely a lot more stressful than he thought.

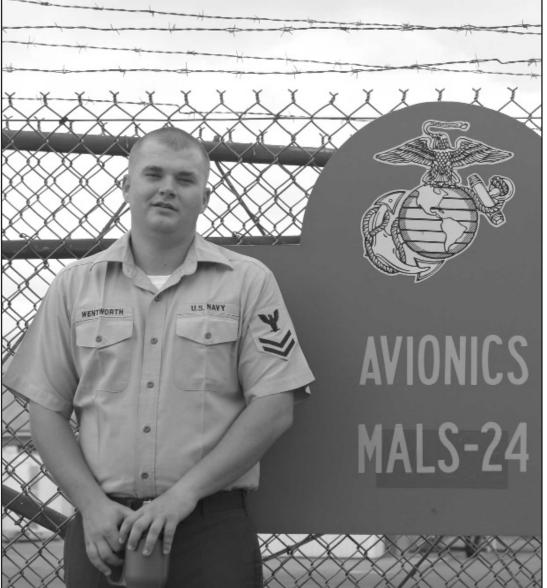
"To be honest, he could probably take my job right now if he wanted to," said Petty Officer 2nd Class Eric D. Kennemer, aviation technician. "He's a very persistent and reliable worker, and I know when I ask him to do something that it will get done. It makes my job easier, because I don't have to go behind and micromanage his work."

At this time, Wentworth is working on his officer's packet to get even closer to achieving his goal of becoming a pilot.

"I'm going to do everything in my power to become a pilot," Wentworth said. "I've wanted it since I was a little kid, so I figure it's time to make it happen."

Wentworth said he is unsure what the future holds for him, but if he is not a petty officer 1st class who is up for chief petty officer or if he is unable to become an officer by 2011, then he will get out of the Navy at that time.

"I joined the Navy for a lot of reasons, one of them was to keep me out of trouble. So far the Navy has done a really good job at it," he said. "I think when a person joins the Navy they should know that not everything is going to be perfect and they shouldn't let anything get them down, because as long as you stay out of trouble then it only gets better. Then if you don't like it, then just do your time and get



Petty Officer 2nd Class Dylan P. Wentworth, aviation electrician, Marine Air Logistics Squadron 24, here, stands in front of his squadron June 5. Wentworth has wanted to be a pilot since he was a child and is currently working toward that goal.

TALKING, from B-2

expected of a younger child), overly aggressive or withdrawn behaviors, nightmares, or an obsession about violence may indicate extreme reactions

needing closer attention. Addressing a child's particular, personal fears is necessary. Parents should not make assumptions about what worries their child. Parents are often surprised by a child's concerns, e.g. worry about being shot while at Sunday school, or refusal to go on a boat ride after seeing a ship get attacked.

How should I talk to children about a terrorist attack or war?

Contrary to parents' fears, talking about violent acts will not increase a child's fear. Allowing children to keep scary feelings to themselves is more damaging than open discussion. As with other topics, consider the age and level of understanding of the child when entering into a discussion. Even children as young as 4 or 5 know about violent acts, but all children may not know how to talk about their con-

It is often necessary for parents to initiate the dialogue themselves. Asking children what they have heard or think is a good way to start. Parents should refrain from lecturing or teaching about the issues until there has been some exploration about what is most important, confusing, or troublesome to the child. Parents should look for opportunities as they arise, for example when watching the news together.

They can also look for occasions to bring up the topic when related topics are discussed (for example, when people in a television show are arguing). Discussion about larger issues such as tolerance, difference, and non-violent problem solving can also be stimulated by the news. Learning about a foreign culture or region also dispels myths and more accurately points out similarities and differences.

Far-off violent events can stimulate a discussion of nonviolent problem solving for problems closer to home. For example, helping children negotiate how to share toys or take turns in the baseball lineup demonstrates productive strategies for managing differences. Older children may understand the issues when they are related to a community's arguments over a proposed shopping mall. Effective ways of working out these more personal situations can assist in explaining the remote violent

Adults should respect a child's wish not to talk about particular issues until ready. Attend to nonverbal reactions, such as facial expression or posture, play behavior, verbal tone, or content of a child's expression, which offer important clues to a child's reactions and unspoken need to talk.

Answering questions and addressing fears does not necessarily happen all at once in one sit-down session or one history lesson plan. New issues may arise or become apparent over time and thus discussion about war should be done on an ongoing and as-needed

Should I let a child watch television about the terrorism or war?

Parents and professionals can assume the majority of children have access to information or hear about current events. Understanding the child's age and personality style determines how much direct access adults should provide. Watching, reading, or examining the news together is the best way to gauge children's reactions and to help them deal with the informa-In discussing what is viewed

or heard together, parents and professionals become informed about how the children processed the material and how they feel about it. It also provides a ready forum for dis-

cussing the topic of terrorism, violence or war. Correcting misinformation and discussing personal feelings are then more beneficial.

Should I tell my child my

Terrorism and war provide a perfect opportunity to discuss the issues of prejudice, stereotyping, aggression and nonviolent ways to handle situations. Unfortunately it is easy to look for and assign blame, in part to make a situation understandable and feel it was preventable. Adults must monitor their own communications, and be careful to avoid making generalizations about groups of individuals, which dehumanizes the situation.

Open, honest discussion is recommended. But adults must be mindful of stating their opinions as fact or absolutes. Discussions should allow for disagreement and airing of different points of view. If children feel their opinion is wrong or misunderstood, they may disengage from dialogue or feel that they are bad or stu-

In discussing how terrorism or war often stems from interpersonal conflict, misunderstanding, or differences in religion or culture, it is important to model tolerance. Accepting and understanding others' opinions are necessary steps in nonviolent conflict resolution.

Distinguishing between patriotism and opinion can be helpful. One can disagree with a cause or action but still believe in the right to have arms or feel it is important to defend a country. The manner in which issues are resolved is separate from one's allegiance or personal beliefs.

How can I reassure a child?

Don't dismiss a child's fears. Children can feel embarrassed or criticized when their fears are minimized. Exploring the issues and finding positive ways of coping help children master their fear and anxiety.

Parents and professionals can reassure children with facts about how people are protected (for example, by police in the community or the President who meets with world leaders) and individual safety measures that can be taken (for example, reinforcing the importance of talking to an adult when bullied). Avoid "what if " fears by offering reliable, honest information. Maintaining routines and structure is also reassuring to children and helps normalize an event and restore a

sense of safety.

What should I do if we know someone in the

area of the conflict or ter-

Having a personal relationship with someone in the area of conflict or target of terrorism can cause additional troubling feelings. When a friend or relative is involved in a traumatic newsworthy event others often search for information. It is advisable to find the most reliable information source and filter out the potentially inaccurate news provided to the general public.

Obtaining accurate information is necessary for knowing how best to communicate with the person. Taking events one step at a time, being realistic about what is known rather than preparing for the worst can be difficult but helpful.

Imagining the worst does not prevent it from happening and can turn an unpredictable situation into an unnecessarily bleak one. Obtaining support from others in a similar situation by sharing information or feelings helps some people feel less alone and validates their distressing feelings.

Adults can share their fears but must manage their own distraught reactions so as not to scare their children or students. Engaging in some normal activities of life, especially eating, sleeping, going to school and working provides stability and predictability at a time when events make life

POLICE BLOTTER

MILITARY POLICE MARINE CORPS BASE HAWAII

Editor's Note: The Police Blotter will appear regularly in the Hawaii Marine. The information covered includes incidents that have occurred on Marine Corps Base Hawaii.

Hit and Run

Three hit and run accidents have occurred in the vicinity of the hangar area and the Pa Honua housing area.

Traffic Accidents

Three traffic accidents occurred in the vicinity of the Marine Mart Parking Lot and the Hawaii Loa housing area. Two incidents occurred while the driver was backing up and the other accident occurred when the driver pulled over to let another car pass.

Malicious Mischief

Four incidents involving malicious mischief unidentified suspects writing obscenities on vehicles occurred in the Hana Like, Waikulu and Hawaii Loa housing areas.

Larceny of Private Property

An unsecured bicycle was stolen from the Hawaii Loa Housing Area. The bike was later found and recovered.

Crime Stoppers: If anyone has any information related to these incidents that might lead to the identification and apprehension of the responsible party, contact the Military Police Department at 257-7114.

Flight line Incursion

An individual was processed for jogging across the flight line and another for driving a car across the flight line without proper clear-

Base Regulations BO P5500.15B:

Personnel, bicycles and vehicles are not permitted to enter the MCAF Airfield Operations area unless proper authorization has been granted by MCAF Operations. The Mokapu Road crossing is the only exception to vehicle access into MCAF restricted areas. Vehicles must comply with road gates and will not stop or deviate from Mokapu Road between gates. Pedestrians and runners are prohibited.

Loose Canine/Failure to register Pet

One incident of a dog running loose in a hightraffic area on base and another incident of an individual being bit by a canine. The dogs were not registered on base.

Base Regulations BO P5500.15B:

In public areas, including common areas in multi-family housing units, dogs must wear a leash (all dogs with past bite incidents must wear a muzzle in addition to the leash while in public areas). All dogs over four months old must be registered with the City and County of Honolulu. Effective 1 Oct 1999, all dogs and cats living on base are required to have an American Veterinary Identification Device (AVID) microchip implanted under the skin. Registration aboard MCBH of dogs and cats shall occur within two business days of bringing pet(s) aboard MCBH. Residents who own dogs and cats shall register them with MCBH MPD at Bldg 3099. For additional information regarding pet registration and regulations contact the Base Game Warden at 257-1821.

Mutual Affray

Several Marines were involved in physical altercations with one another. Alcohol was a contributing factor in these incidents.

Larceny of Personal Property

An unsecured vehicle in the TLF parking lot was "broken into," and several personal items were stolen from the vehicle.

Crime Prevention Tip: Do not leave valuables in your parked vehicles. Ensure you secure your vehicle(s) at all times. If you must leave items in your vehicle, put them in the trunk or hidden in your vehicle, do not create opportunities for criminals.

Unattended Child

Two reports of children playing without parent supervision.

Expired Safety/Expired Registration

The Military Police Department has issued more than 50 traffic tickets for expired registration and/or expired safety decals on base in the last three weeks.

Important Information

Reminder to all individuals who are issued a ticket for these, fix-it ticket offenses: The owner of the vehicle must bring proof to the Traffic Court Bailiff at Building 1096 within five working days, showing that the deficiency(ies) have been corrected. If the owner fails to do that, he or she must appear on an assigned court date, which will be written on the ticket. If the owner fails to appear in court his or her driving privileges aboard base will be suspended until the issue is resolved.

Traffic Court for Kaneohe Bay is held in Building 220, Classroom B at 8 a.m., when announced.

For additional information regarding traffic tickets and traffic court contact the Traffic Court Bailiff at 257-2103, ext. 326.

Crime Prevention/Safety Note:

All drivers on base must ensure that their state registration, safety inspection and base decals are current. If a driver fails to do this they are not only violating the regulations of MCBH but they are violating the traffic laws of the State of Hawaii. If a driver is stopped out in town and has an expired safety the fine is \$72.

Illegal Parking in Red Zone

Several tickets have been issued in the last few weeks to drivers on base for illegally parking in a Red Zone. Drivers need to ensure when they park their vehicle where the sidewalk is not painted red. When a driver receives a ticket for this violation, his or her driving privileges can be suspended for up to 30 days. The number-one area where this violation occurs is at the Marine Corps Exchange Annex park-

Crime Prevention/Safety Note:

Only park in designated parking spaces on MCBH. Specifically regarding the Annex parking area, park your vehicle in the lot across the street, walk the extra 150 meters.

Illegal Parking at Camp Smith

Reserved spaces, cross-hatched lines on pavement, on grass or seeded areas, spaces marked with cones.

MARINE MAKEPONO

HAWAIIAN FOR "MARINE BARGAINS"

Automobiles

1995 **Ford** Escort Wagon, \$500.00, or best offer. Please call Kim at 723-4818.

1996 Jeep Cherokee Sport Well maintained, available July 1, \$3,400 OBO. Call 254-0526.

1997 Toyota Corolla, four-door, well-maintained, very clean and reliable \$3,500, OBO. Call 389-4583.

2004 Harley Davidson Custom 883 Sportster, 8,000 miles, \$7,000, OBO. Call 286-0077.

2006 Lexus IS 350, \$43,000, OBO, 2005 Honda Accord LX, \$22,000, OBO, 1998 Mercedes C280, \$9,000, OBO. Call Jacky, 223-0340.

Pets

Free Dalmation mix, 2 years old, to a good home. Call 254-5006.

Miscellaneous

Panasonic air conditioners (2), 12,000 BTU, 8months old, \$200, 5,200 BTU 1 1/2 years old, \$50. Call Mike, 754-1436.

Air conditioner, wall to wall carpet, 84 inch pleated drapes. Call 254-3868 for more information.

Stack washer dryer, almost new, \$600, OBO. Call 292-8138.

Huge gray leather couch, \$500. Ocean kayak, \$350. Coffee table (needs glass), \$40. Call 262-8789.

Washer and dryer, one year old, \$300. Double bed, \$200. Call 389-4583.

Beautiful studio apartment, large private deck, private enterance, hot tub, \$1,300. Call 239-5459.

Yard Sales

June 17 8a.m. to 2 p.m. Dog Run 10'x6'x6', clothes, toys, housewares, and much more. 6462A Woodward Ct, 254-4117.

Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service employees.

For more information on how to place an ad, contact the Hawaii Marine office at 257-

N THE MENU

AT ANDERSON HALL

Today

Lunch Pepper Steak Southern Fried Catfish Rice Pilaf Potatoes Au Gratin Glazed Carrots Simmered Black-eyed Peas Brown Gravy Sugar Cookies Asst'd Fruit Pie

Specialty Bar: Pasta

Dinner Roast Turkey Beef Pot Pie Mashed Potatoes **Buttered Egg Noodles** Calico Corn Simmered Broccoli Savory Bread Dressing Turkey Gravy Cranberry Sauce Sugar Cookies Asst'd Fruit Pie

Saturday

Dinner Baked Lasagna Chicken Parmesan Spaghetti noodles Marinara Sauce Italian Mixed Vegetables Simmered Peas and Carrots Pizza Slices Garlic Bread Marble Cake w/icing

Asst'd Fruit Pie

Sunday Dinner Barbeque Beef Cubes Baked Turkey and Noodles Steamed Rice Creole Green Beans Simmered Cabbage Tomato Gravy Ginger Molasses Cookies Spice Cake w/icing

Monday Lunch

Meat Loaf Pork Ham Roast Steamed Rice Mashed Potatoes Simmered Peas French Fried Cauliflower Brown Gravy Chocolate Chip Cookies Asst'd Fruit Pie

Specialty Bar: Deli

Dinner Beef Brogul Fresh Baked Cajun Fish Mashed Potatoes Rice Pilaf Club Spinach Mixed Vegetables Brown Gravy Chocolate Chip Cookies Asst'd Fruit Pie

Tuesday

Lunch Simmered Corned Beef w/Mustard Sauce Honey Glazed Cornish Hens Parsley Buttered Potatoes Fried Cabbage Simmered Carrots Egg Noodles Chicken Gravy Peanut Butter Cake w/icing

Specialty Bar: Taco

Dinner Turkey Pot Pie Sweet & Sour Pork Steamed Rice Jefferson Noodles Simmered Broccoli Simmered Pinto Beans Turkey Gravy Chow Mein Noodles Peanut Butter Cake w/icing Asst'd Fruit Pie

Wednesday Lunch Pork Adobo Beef Yakisoba Pork Fried Rice Vegetable Stir Fry Corn O'Brien Oatmeal Cookies Strawberry Shortcake Asst'd Fruit Pie

Specialty Bar: Hot Dog

Dinner Steak Smothered w/onions Southern Fried Catfish Mashed Potatoes Baked Macaroni and Cheese Southern Style Green Beans Peas and Carrots Brown Gravy Oatmeal Cookies Strawberry Shortcake Asst'd Fruit Pie

Thursday

Lunch Turkey A La King Beef Porcupines Mashed Potatoes Boiled Egg Noodles French Fried Okra Simmered Mixed Vegetables Turkey Gravy Tomato Gravy Marble Cake w/icing Pineapple Upside Down Cake Asst'd Fruit Pies

Specialty Bar: Taco

Dinner Braised Liver w/onions El Rancho Stew Honey Ginger Chicken Rice Pilaf Boiled Egg Noodles Lyonnaise Carrots Club Spinach Chicken Gravy Marble Cake w/icing Pineapple Upside Down

Cake Asst'd Fruit Pies